



## Chocolate Crunch Bars (aka Rice Krispies)

8 servings

2 hours

### Ingredients

- 1/3 cup Almond Butter
- 1/4 cup Coconut Oil (melted)
- 1/4 cup Cacao Powder (unsweetened)
- 1/4 cup Maple Syrup
- 2 tbsps Ground Flax Seed
- 2 1/2 cups Rice Puffs Cereal

### Nutrition

Amount per serving	
Calories	194
Fat	14g
Carbs	14g
Fiber	3g
Protein	3g

### Directions

- 1 Melt the coconut oil, almond butter, maple syrup and cacao powder together, then stir in the remaining ingredients except the cereal in a mixing bowl. Once combined, gently fold in the cereal until well coated.
- 2 Transfer to a loaf pan or square pan lined with parchment paper and pack it down. Freeze for at least two hours.
- 3 Slice into bars and enjoy!

### Notes

**Serving Size:** One serving is equal to one bar.

**No Almond Butter:** Use peanut butter, hazelnut butter or cashew butter instead.

**Storage:** After slicing, transfer to a freezer-safe bag and keep in the freezer until ready to eat.